



**Cook's Note:** "When the taste changes with every bite and the last bite is as good as the first, that's Cajun." Paul Prudhomme's Louisiana Kitchen shared Cajun and Creole regional recipes that had Americans blackening their meats and adding hot spices to their meals.

### **Cajun Meat Loaf**

#### **Seasoning Mix:**

- 1 Tablespoon salt
- 1 teaspoon ground red cayenne pepper
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground nutmeg
- 2 whole bay leaves

- 4 Tablespoons unsalted butter
- 3/4 cup finely chopped onions
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped green pepper
- 1/4 cup finely chopped green onions
- 2 teaspoons minced garlic
- 1 Tablespoon Tabasco sauce

1 Tablespoon Worcestershire sauce

1/2 cup evaporated milk

1/2 cup catsup

1-1/2 pounds ground beef

1/2 pound ground pork

2 eggs, lightly beaten

1 cup very fine dried bread crumbs

Combine the seasoning mix ingredients in a small bowl; Add bay leaves; set aside.

Melt the butter in 1 quart saucepan over medium heat. Add the onions, celery, bell peppers, green onions, garlic, Tabasco, Worcestershire and seasoning mix. Sauté until mixture starts sticking excessively about 6 minutes, stir occasionally; scrape the pan bottom well. Stir in the milk and catsup. Continue cooking for about 2 minutes, stir occasionally. Remove from heat and allow mixture to cool to room temperature. Remove; discard the bay leaves.

Place ground beef and pork in large bowl. Add the eggs, cooked vegetable mixture, and the bread crumbs. Mix by hand until thoroughly combined.

Place meat mixture in center of ungreased 13x9-inch baking pan. Shape the mixture into a loaf that is about 1-1/2 inches high, 6 inches wide and 12 inches long. Bake uncovered at 350 degrees F. for 25 minutes; then raise temperature to 400 degrees F. and continue cooking until done, about 35 minutes. Serve warm or spoon over Very Hot Cajun Sauce

**Note:** I let it cool down and then I trimmed off any collected fat and sliced the meatloaf into serving slices.

**Very Hot Cajun Sauce** – very good topping for roast beef, sandwiches, burgers, pot roast or meatloaf

3/4 cup chopped onions

1/2 cup chopped green peppers

1/4 cup chopped celery

1/4 cup vegetable oil

1/4 cup plus 1 Tablespoon all purpose flour

3/4 teaspoon ground red cayenne pepper

1/2 teaspoon white pepper  
1/2 teaspoon black pepper  
1 fresh jalapeno pepper, minced  
1 teaspoon minced garlic  
2 bay leaves  
3 cups beef stock

Combine the onions, bell peppers and celery in a small bowl and set aside. Make a light brown roux. In a saucepan, heat the oil to 250 degrees; whisk in the flour a little at a time until smooth. Continue cooking and whisking until roux is light brown, about 2 to 3 minutes.

Remove from heat, with a spoon immediately stir in the vegetables mixture and the red, white, and black peppers, return pan to high heat; cook about 2 minutes, stir constantly. Add jalapeno peppers and garlic, stirring well. Continue cooking about 2 minutes; stir constantly. Mixture will be pasty. Remove from heat.

In a separate 2 quart saucepan, bring the bay leaves and stock to a boil. Add the roux mixture by spoonfuls to the boiling stock, stirring until dissolved after each addition. Bring mixture to a boil, then reduce heat to a simmer; cook until sauce reduces to 3 to 3-1/2 cups, about 15 to 20 minutes. Skim any oil from the top. Serve warm or chill in refrigerator. In a microwave container, heat sauce on high power for 1 minute or warm.  
Yield: 3 to 3-1/2 cups 6 servings

Prudhomme, Paul. **Chef Paul Prudhomme's Louisiana Kitchen**. New York: William Morrow and Company, inc., 1984. Pp. 112-113 and 251-252.

**About the Recipe:** This meatloaf has a wonderful blend of flavors with a light spicy touch. It is delicious served with the sauce and garnished with cilantro and chopped multi-colored sweet chopped peppers. We served this with baked golden potatoes and a fresh salad. I also think the sauce would be wonderful tossed with shredded beef on a sandwich. I was surprised that it wasn't as spicy as I expected. Also, to make his recipes easier, prepare some of the seasoning mixture ahead of time to use when you are cooking.

**AND SO THE STORY GOES...** Chef Paul Prudhomme was the youngest of thirteen children and his family worked the land as sharecroppers. They raised their own vegetables and animals for food. He felt that fabulous food is a part of Cajun pride. When I met him at a food convention, he was

freely handing out samples of his seasoning mix and shared all of his special recipes. Chef Paul Prudhomme, a sharecropper's son, became a celebrity chef by sharing what he loved the most.